

HEMI-SYNC® AS AN AID IN RECOVERY FROM SURGERY

by Susan Cord

Susan Cord is director of the South Bay Body-Mind Connection in Redondo Beach, California, a holistic center offering individual therapies and educational programs. In this article, Ms. Cord reports the experiences of three clients who have used Hemi-Sync tapes to aid recovery from surgery. Susan Cord has been a Professional Division member since 1989.

The mission of the South Bay Body-Mind Connection is to provide methods and techniques for body-mind integration and expansion. During the past three years, the most important tool used to assist our clients in this process has been the Hemi-Sync technology. It serves to amplify and accelerate clients' growth and development by assisting them to relax, to move into the deep mental/physical states most appropriate for their current work, and to maintain an intense focus of attention within those states. Delivered via audiocassette tape or a 201B Hemi-Sync Synthesizer, a Hemi-Sync component is contained in all of our therapeutic and educational programs, including

- massage and bodywork
- counseling and education in behavioral changes
- meditation and stress-reduction exercises
- sleeping- and eating-disorder clinics
- workshops (as an instructional aid)
- recovery from surgery, childbirth, trauma, and illness.

The South Bay Body-Mind Connection is not a medical organization. However, our services include counseling and educating individuals who wish to augment their healing and recovery processes by learning to access, strengthen, and apply their innate abilities of self-regulation. Following are summaries from reports submitted by a selection of clients who have used the EMERGENCY SERIES and METAMUSIC® tapes for recovery from surgery.

Male, age 73: prostate surgery

This client was in good health at time of his surgery, which was performed at UCLA Medical Center. The head anesthesiologist agreed to allow the *Intra-Op* tape from the EMERGENCY SERIES to be listened to with headphones during the operation. The patient was walking and alert the morning after surgery. He reported that the physicians and nurses expressed amazement with the pace of his recovery. He was released on the third day postoperatively and continued to enjoy a rapid recuperation. His most significant comment was "I never experienced pain ... not once!"

Female, age 39: abdominal hysterectomy

This patient was a diabetic weighing approximately 250 pounds. She did not use Hemi-Sync intraoperatively but did use other tapes frequently pre- and postoperatively. The patient reported that the Hemi-Sync tapes were far more effective than Percodan™ for pain management. Although the surgery was difficult, the patient said she knew intuitively that she was healing quickly, and stated that she felt so good the day after she returned home from the hospital that she actually walked through the park while listening to *Energy Walk* from the EMERGENCY SERIES. Her most significant comment was “As a professional writer, I tend to focus on the emotional impact of words. The title EMERGENCY SERIES seems to have a negative connotation. Perhaps ‘surgical support series’ would be a more positive title for these wonderful tapes.”

Female, age 45: hysterectomy

This surgery was performed at Kaiser Hospital. The anesthesiologist assisted with the use of *Intra-Op* by turning the tape over at the end of each side. The patient began using the *Pre-Op* tape seven days before her surgery. She had not been exposed to Hemi-Sync before this occasion and mentioned that she “had to get used to it.” Adjusting to the new experience, she soon reported that the tapes became her “security blanket.” After being transported to the recovery room following surgery, the *Recovery* tape was placed in her cassette player. She reported that she woke up quickly in the recovery room feeling very alert and was pleased, once again, to be aware of the calm, soothing voice on the tape. She reached the point where simply thinking of the voice stimulated instant relaxation. This patient was not a client of South Bay Body-Mind, but the spouse of a friend. Therefore, we were able to observe the effects of the EMERGENCY SERIES on a patient new to the Hemi-Sync process. The patient’s most significant comment was “I have no doubt that the tapes have helped speed my recovery. When I need rest, it is easy to fall asleep. I feel very positive about getting well and about the whole healing process.”

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